



**OSHER CENTER FOR
INTEGRATIVE MEDICINE**

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MEDICINE**

2018

CME/CE PROGRAM

ON BOARD WITH

HOLISTIC HOLIDAY AT SEA

Special 15th Anniversary Sailing!

***All CME courses are also approved for CEs**

Accreditations

Accreditation: This Live activity, *Holistic Holiday at Sea 2018*, with a beginning date of 02/15/2018, has been reviewed and is acceptable for up to 41.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMA/AAFP Equivalency: AAFP Prescribed credit is accepted by the American Medical Association as equivalent to *AMA PRA Category 1 credit(s)*[™] toward the AMA Physician's Recognition Award. When applying for AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

Continuing Education Credit (CEU): This conference has been planned and implemented in accordance with the essential areas and policies of the Florida Board of Nursing for Continuing Education Provider #50-2105.

Credit Designation: 44.5 CEU's have been approved by the University of Miami School of Nursing and Health Studies.

44.5 Continuing Education Units have been approved by the Florida Boards of Acupuncture, Chiropractic Medicine, Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling, Midwifery, Pharmacy, Psychology, and the Florida Council of Dietetics and Nutrition. CE Provider Number: 50-2682.

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Greetings!

The Osher Center for Integrative Medicine at the University of Miami Miller School of Medicine welcomes you to the 2018 Holistic Holiday at Sea Continuing Education Program!

This CME/CE program has a daily listing of all the possible CME/CE classes available. The first class starts Thursday afternoon at 4pm in the Pantheon Theater.

Please remember to sign in and out of each class. The sign-in sheets are the only way we can document your hours. At each class, look for the UM banner with an UM team member wearing a black or green U logo polo. They will have sign-in sheets for you. Also, please complete the simple evaluation sheet for each class. Evaluations can be turned in to any UM team member or dropped off at the UM Hospitality Desk.

Stop by our Hospitality Desk located on Deck 6, Mid-Ship Atrium Area on the right side of the ship if you have any questions, or just want to say 'Hi'. We will post our daily hours. Please refer to the Key below to locate your classes.

Enjoy your cruise!

University of Miami Team

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Key: Lectures and Dining Rooms:

BW	Black and White Lounge, Deck 7, Back of Ship
G	Galaxy (Disco), Deck 16, Mid-back of Ship
SS	Sky and Stars Conference Room, Deck 16, Mid-back
T	Pantheon Theater, Deck 6 & 7, Front of Ship

Key: Outdoor Classes:

P	Pool, Deck 14, Mid-ship
SA	Sports Arena, Deck 16, Back of Ship

Thursday, February 15th – Port of Miami

4:00-5:00 pm

Cruising Into Health – Neal Barnard, MD

CE

Room T, Deck 6

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Friday, February 16th - At Sea

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE Room T, Deck 6
9:00-10:00 am	Kickstart Your Health: A Dietary Protocol to Enhance Healthy Living – Neal Barnard, MD	CME/CE Room T, Deck 6
11:15-12:45 pm	Keynote: Why Nutritional Science Was Not Acknowledged During the Past Two Centuries – T. Colin Campbell, PhD	CME/CE Room T, Deck 6
2:15-3:45 pm	You Are What You Eat, Digest and Absorb: Latest Information on the Gut-Brain Axis – David Blyweiss, MD	CME/CE BW
4:00-5:30 pm	Thriving on a Plant-Based Diet – Michael Klaper, MD	CME/CE Room T, Deck 6
8:30-9:45 pm	How Breaking the Secret Addiction Can Revolutionize Your Health – Neal Barnard, MD	CE Room T, Deck 6

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Saturday, February 17th – At Sea

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE Room T, Deck 6
9:00-10:00 am	Keynote: Power Foods for the Brain: Nutrients, Diets, and Lifestyle to Enhance Memory and Cognition – Neal Barnard, MD	CME/CE Room T, Deck 6
10:15-11:15 am	The User’s Guide to Living Mindfully – Sharon Gutterman, PhD	CME/CE SS
2:15-3:45 pm	Contemporary Evidence Indicating the True Value of Nutrition to Create and Restore Human Health – T. Colin Campbell, PhD	CME/CE Room T, Deck 6
4:00-5:30 pm	An Intensive Plant-Based Diet for Diabetes Management – Neal Barnard, MD	CME/CE Room T, Deck 6
8:30-9:45 pm	The Principles of Slow Medicine: Understanding Its 7 Key Components – Michael Finkelstein, MD	CME/CE BW

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Sunday, February 18th

Charlotte Amalie, St. Thomas, USVI – 8:00am – 6:00pm

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE Room T Deck 6
4:30-5:45 pm	Farm to Hospital: How the Way We Farm Makes Us Sick, Part 1 – Ronald Weiss, MD	CME/CE Room T, Deck 6
8:30-10:00 pm	Myths in Nutrition That Mislead, with Very Unfortunate Consequences – T. Colin Campbell, PhD	CME/CE Room T, Deck 6

Monday, February 19th

Basseterre, St. Kitts & Nevis – 7:00am – 6:00pm

7:00-8:00 am	Do-In: Self-Massage Therapy – Lino Stanchich, CCN, LMT	CE Room G, Deck 16
9:00-10:30 am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment- Part 1- Ilana Newman, MD	CME/CE Room G, Deck 16

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4:30-5:45 pm Laugh for the Health of It – Lino Stanchich, CCN, LMT CE
BW

8:15-9:45 pm The Prevention and Treatment of Breast Cancer with Food- CME/CE
Ronald Weiss, MD BW

Tuesday, February 20th

Fort de France, Martinique – 8:00am – 5:00pm

7:00-8:00 am Mindful Meditation Practice – Sharon Gutterman, PhD CE
SS

9:00-10:30 am Take Pain Control into Your Own Hands: Rapid and Dramatic Pain CME/CE
Relief with Korean Hand Therapy Self Treatment- Part 2- Ilana Room G, Deck 16
Newman, MD

4:15-5:30 pm The Future of Medical Practice and Health Care Must Embrace the CME/CE
Science of Nutrition – T. Colin Campbell, PhD Room T, Deck 6

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Wednesday, February 21st

Bridgetown, Barbados – 8:00am – 5:00pm

7:00-8:00 am	Do-In- Self-Massage Therapy – Lino Stanchich, CCN, LMT	CE CP 15
9:00-10:30 am	Take Pain into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy- Part 1- Ilana Newman, MD	CME/CE Room G, Deck 16
4:30-5:45 pm	Salt, Sugar and Oil: The Good, the Bad and the Ugly – Michael Klaper, MD	CME/CE Room T, Deck 6
4:30-5:45 pm	The Unspoken Epidemic of Western Civilization: Fatty Liver Disease – David Blyweiss, MD	CME/CE BW
8:30-9:45 pm	Uprooting the Leading Causes of Death: “ <i>How Not to Die</i> ” – Michael Greger, MD	CME/CE Room T, Deck 6

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Thursday, February 22nd
Pointe-a-Pitre, Guadeloupe
7:00am – 2:00pm

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE SS
9:00-10:30 am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment- Part 2 – Ilana Newman, MD	CME/CE Room G, Deck 16
2:15-3:45 pm	Saturated Fat vs. Sugar: How We Got So Confused Joel Kahn, MD	CME/CE Room T, Deck 6
2:15-3:45 pm	Can Food and Lifestyle Choices Influence Outcomes After a Cancer Diagnosis? - Lawrence Kushi, Sc.D	CME/CE Room G, Deck 16
4:00-5:30 pm	Keynote: The Most Hopeful Trends in Healing Michael Klaper, MD	CME/CE Room T, Deck 6
8:30-10:00 pm	The Rainbow Diet – Deanna Minich, PhD	CME/CE Room T, Deck 6
8:30- 10:00 pm	The Fast World and How it Affects Us: Turning off the Fight or Flight Response When it is Locked On Michael Finkelstein, MD	CME/CE BW

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Friday, February 23rd – At Sea

7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE SS
9:00-10:00 am	Top 10 Foods to Eat, Top 10 Foods to Avoid - Deanna Minich, PhD	CME/CE Room T, Deck 6
9:00-10:00 am	Diet and Cancer Prevention: Updated Guidelines and Recommendations – Lawrence Kushi, Sc.D	CME/CE Room G, Deck 16
11:15-12:45 pm	How to Detect and Prevent Heart Disease - Joel Kahn, MD	CME/CE Room T, Deck 6
2:15-3:45 pm	Healthy Bones: Preventing and Reversing Osteoporosis – Michael Klaper, MD	CME/CE Room T, Deck 6
2:15-3:45 pm	Medical Cannabis: Ancient Herb to Modern Medicine Debra Kimless, MD	CME/CE BW
4:00-5:30 pm	Ask the Doctor: Q&A Session – Michael Greger, MD	CME/CE Room T, Deck 6
4:00-5:30 pm	Farm to Hospital: How the Way We Farm Makes Us Sick- Part 2- Ronald Weiss, MD	CME/CE BW
4:00-5:30 pm	No Fat? Avoid Carbohydrates? Is Protein Deficiency A Problem? Common Sense Answers to Common Questions – Lawrence Kushi, Sc.D	CME/CE Room G, Deck 16

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8:30-10:00 pm	Angelica Asks: Demystifying Health Fads through Casual Conversations with Health Experts. A Live Conversation – Lawrence Kushi, Sc.D	CME/CE SS
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Saturday, February 24th – At Sea

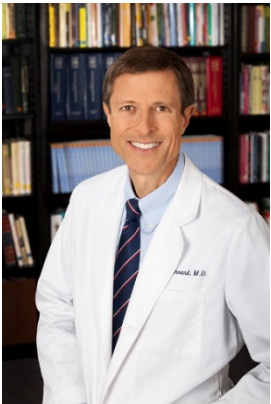
7:00-8:00 am	Mindful Meditation Practice – Sharon Gutterman, PhD	CE Room T, Deck 6
9:00-10:15 am	7 Ways to Holistically Detox – Deanna Minich, PhD	CME/CE Room T, Deck 6
10:30-11:45 am	Applying the Principles of Slow Medicine: Healthy Multitasking – Weaving Valid Individual Practices Into a Single Program - Michael Finkelstein, MD	CME/CE BW
11:15-12:45 pm	The Miracle of Heart Disease Reversal – Joel Kahn, MD	CME/CE Room T, Deck 6
2:15-3:45 pm	GMO Foods: What Are They and How They May Affect Your Health – David Blyweiss, MD	CME/CE Room T, Deck 6
4:00-5:30 pm	Q&A Panel: Cruisin’ for Knowledge- Using a Plant-Based Diet to Support Health and Avoid Risks- Michael Greger, MD; Joel Kahn, MD; Lawrence Kushi, Sc.D, and Deanna Minich, PhD	CME/CE Room T, Deck 6
4:00-5:30 pm	Do You Trust Your Doctor? Approaching Your Visit in a New Way – Robert Schwartz, MD	CME/CE Room G, Deck 16

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Sunday, February 25th – Port of Miami

MEET THE SPEAKERS

Neal Barnard, MD



Neal D. Barnard, MD, FACC is a leader in nutrition and research. As an adjunct associate professor of medicine at the George Washington University, and a researcher funded by the National Institutes of Health, he has led key research studies to improve the health of people with diabetes, obesity, lipid disorders, and other serious health problems. He is the editor-in-chief of the Nutrition Guide for Clinicians and the author of more than 15 books on nutrition and health for lay readers, and has authored more than 70 scientific publications. His research has been cited by the American Diabetes Association and the American Dietetic Association in official policy statements on healthful diets. He completed medical school and residency at the George Washington University School of Medicine in Washington, D.C. In 1985, he founded the Physicians Committee for Responsible Medicine, a nationwide group of physicians and lay supporters that promotes preventive medicine and addresses controversies in modern medicine.

Cruising into Health

You are embarking on the most enjoyable vacation imaginable. Yes, it is a vacation in the sense of sun, leisure and exotic locales, but it's also much more. It is a vacation from old habits and old foods and the beginning of a whole new way of thinking about yourself and your health.

This week promises a wonderful opportunity to understand the hows and whys of healthy eating – while someone else does all the cooking – in the company of others who came to share the journey. Many people live their entire lives without eating the foods that truly promote good health. Deluged with conflicting messages about diet and health, they never receive straight answers to their questions. Here's your chance to get it all cleared up. The faculty – diverse, knowledgeable and experienced – will also cover the other keys to health: physical activity, stress reduction, meditation and more.

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Let me encourage you to take the adventure for all it is worth. Some concepts and some tastes may be new to you. Experiment and enjoy them. Many come from centuries-old traditions, reinforced by the latest science. If you've always wanted to get on a healthier path, it couldn't be easier – you're cruising right into it.

Keynote: Power Foods for the Brain: Nutrients, Diets, and Lifestyle to Enhance Memory and Cognition

Five million Americans have Alzheimer's disease, and many more fear that it may be in their future. Milder forms of memory loss can be frustrating, too, ranging from momentary lapses to more persistent cognitive impairments. Luckily, large studies at major research centers have shown that foods can help defeat threats to memory. Diets high in "bad fats" (saturated fats and trans fats) and overloaded with iron and copper increase the risk of developing Alzheimer's disease, while certain antioxidants reduce risk. Aerobic exercise helps, too, and has even been shown to reverse age-related brain atrophy. Cognitive exercises and getting regular rest and sleep can boost memory, reasoning, and reaction time. Even people who are at genetic risk for Alzheimer's disease may benefit from diet and lifestyle changes. Many of the findings discussed in this lecture are based on Dr. Barnard's new book, *Power Foods for the Brain*, which presents results of scientific studies and builds them into simple steps for improving the health of your body and mind.

Kickstart Your Health: A Dietary Protocol to Enhance Healthy Living

The latest innovation in nutrition is using foods to trim away weight—not by starving the weight off, but by letting foods control your appetite and boost your metabolism. Using Dr. Barnard's program in research studies, participants were able to increase their calorie-burning speed for three hours after each meal, helping the pounds melt away. Two years later, the weight had never returned. The "side effects" are lower cholesterol, healthier blood pressure, improved energy and better overall health. Rather than require a lifetime change, the Kickstart program gets you onto a healthier path in 21 days.

Cheese - How Breaking the Secret Addiction Can Revolutionize Your Health

Many people are on a never-ending quest for weight loss, and they are looking in all the wrong places—blaming sugar, carbs or a lack of exercise for their problems. All the while, the real problem was right under their noses. Cheese can cause a surprising list of health problems: obesity, high blood pressure, arthritis and even prostate cancer. In this lecture, we will explore why cheese causes these problems and why it can be so addicting. Most importantly, we will look at how to break free. There are healthy versions of cheese-lovers' favorite foods—from pizza, macaroni and cheese, and lasagna to cheesecake—with loads of flavor and no regrets.

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An Intensive Plant-Based Diet for Diabetes Management

Diabetes is more prevalent than ever. For many individuals the diagnosis means endless doctor visits and frequent trips to the pharmacist. Recent research has shown, however, that diabetes can be controlled and even reversed with an easy-to-follow plant-based diet. By sticking to a few basic principles and making simple lifestyle adjustments, individuals can enjoy a surprising degree of control over diabetes.

David Blyweiss, MD



David Blyweiss, MD began his medical career as a clinical pharmacist in South Florida prior to earning his medical degree. These dual backgrounds allow him to appreciate the relevance of conventional pharmaceutical and surgical-based treatments in acute medical conditions, but also recognize where they fall short in managing patients who suffer from the chronic degenerative diseases of a “Western civilization origin.” Dr. Blyweiss became an early adherent and experienced practitioner of what would become known as “functional medicine.” He has used this matrix of systems biology to effectively manage and alleviate the symptoms related to the most “difficult-to-treat” conditions by addressing the underlying causes, allowing the body to heal itself. Dr. Blyweiss is the Medical Director for the Clinical Nutrition program at the University Of Miami Miller School Of Medicine and is currently in private practice with Maximum Wellness Centers in South Florida.

GMO Foods: What Are They and How They May Affect Your Health

GMOs are genetically modified organisms used in our food chain; they are not similar to past generational efforts to somehow improve the quality or quantity of our food. This is not selective or cross breeding plants between species. It is splicing a gene with a specifically desired trait from another organism (plant- or animal-based) into the food to be grown. While recombinant DNA technology (genetic modifications), has been vital in the production of acute lifesaving injectable medications, the increasing use and long-term ingestion of explicitly glyphosate resistant (GMO) crops leaves us open to potential future problems, some of which may be affecting us now....the insects perish, the plants do not, we eat the plants.

The Unspoken Epidemic of Western Civilization: Fatty Liver Disease

What in the world is fatty liver disease and why should I care? Non-alcoholic fatty liver disease (NAFLD) occurs when more than 5% of the liver volume becomes fat. With no symptoms and encompassing a range of changes from reversible steatosis (fat infiltration of liver cells) to inflammatory hepatitis and ultimately, if left uncorrected, to scarring and cirrhosis, it is the unspoken epidemic of Western civilization. While diet and lifestyle contribute the majority of risk for NAFLD, environmental

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toxins and intestinal dysfunction must be recognized as additional correctable factors in the reversal of the disease and the most common reason for liver transplantation in the Western world.

You Are What You Eat, Digest and Absorb: Latest Information on the Gut-Brain Axis

The gut and the brain are intimately involved in each other's function and health. The gut and brain communicate via several routes, including the vagus nerve, hormones, the autonomic nervous system, the immune system and cytokines. The microbiome is becoming more recognized as a key regulator of gut action - and therefore, by extension, the microbiome is important for brain health as well. Could probiotics be helpful for the brain? This presentation will discuss these subjects as well as specific probiotic applications, criteria for use and what to keep in mind when helping patients toward wellness.

Deanna Minich, PhD



Deanna Minich, PhD is an internationally-recognized teacher, author, scientist, speaker and artist. She has more than 20 years of diverse, well-rounded experience in the fields of nutrition and functional medicine, including clinical practice, research, product formulation, writing and education. Her doctoral (Ph.D.) research focused on essential fatty acid absorption and metabolism, and her Master of Science degree (M.S.) allowed her to explore the health benefits of the colorful, plant-based carotenoids. She has authored six books on health and wellness and over fifteen scientific publications. Currently, she is faculty for the Institute for Functional Medicine and the University of Western States. She has developed an online certification program for health professionals so that they can apply the color-coded 7 Systems of Full-Spectrum Health in their practice. Her lectures are heard by patients and practitioners throughout the world. Dr. Minich's passion is teaching a whole-self approach to nourishment and bridging the gaps between science, spirituality and art in medicine.

7 Ways to Holistically Detox

Detox is a centuries-old tradition of removing impurities from our environment and our bodies. Author, researcher and teacher, Dr. Deanna Minich, defines it as "removing all barriers to your optimal health." In this presentation, she will provide you with 7 effective strategies to transform physical, emotional and mental toxins that stand in the way of your fullest potential.

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The Rainbow Diet

You may have heard that it's important to "eat the rainbow!" Scientific research has demonstrated the essentiality of whole, plant-based foods for optimal nutrition. Dr. Deanna Minich, author of *The Rainbow Diet*, will provide the latest tips on what, how, and when to eat to maximize the outer rainbow of foods for your inner rainbow of healing.

Top 10 Foods to Eat, Top 10 Foods to Avoid

We all know that health is personalized - what is good for one may not be good for all. However, there are some general guidelines about foods that are healthy and unhealthy that would be helpful for people to know. In this practical and lively presentation, nutrition researcher and author, Dr. Deanna Minich, shares with you her top 10 list of foods to eat and foods to avoid.

Doctors Q&A Panel: Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks, hosted by Sandy Pukel

Don't miss this motivational, inspiring and informative Q&A with plant-based diet luminaries Drs. Michael Greger, Joel Kahn, Michael Klaper, Lawrence Kushi and Deanna Minich, facilitated by cruise director Sandy Pukel. This is your chance to get all your questions answered. Whether you have been practicing a plant-based lifestyle for years or are just getting your feet wet, these experts can take you to the next level. Get the real scoop on living well, eating well and taking control of your health.

Debra Kimless, MD



Debra Kimless, MD is a board-certified anesthesiologist and the medical director for ForwardGro, a licensed medical cannabis cultivation company in Maryland. She consults pro bono with patients in legal states to help guide them with cannabis medicine. Her patients experience successes with her treatment protocols, which mandate a change to a whole foods, plant-based diet with no processed foods. She shares patient results by presenting the case studies at national and international conferences to create an understanding of nutrition as an essential healing tool, and to de-stigmatize cannabis and

promote it as a safe and effective therapeutic option.

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Medical Cannabis: Ancient Herb to Modern Medicine

Cannabis has been used as a medicine throughout the world for thousands of years. Dr. Kimless will reveal why cannabis should be considered a medicine and not just a recreational drug. She will explain the different modes of administration and why it is important, as well as discussing why proper nutrition is integral to its therapeutic benefits. She will share actual patient case studies.

E. Robert Schwartz, MD



E. Robert Schwartz, MD is a board-certified family physician and fellow of the American Academy of Family Practice. He completed his family practice training and academic fellowship at the Department of Family Medicine at University Hospital of the State University of New York at Stony Brook, on Long Island, New York, where he later served as Director of the Family Practice Residency Program. In 1992, he assumed leadership of the Department of Family Medicine as Chair. In 1996, he was elected by the Society of Teachers of Family Medicine to participate in the Health and Human Services Primary Care Policy Fellowship in

Washington, D.C. In 1998, Dr. Schwartz was recruited by the University of Miami Miller School of Medicine, home of the first ever family practice residency training program, as the second Chair of the family practice department, both of which were established in the late 1960s. Dr. Schwartz received the Health Care Heroes Award from the Greater Miami Chamber of Commerce for his leadership in establishing the Jefferson Reaves Sr. Health Center in one of the poorest communities in Miami – Overtown.

Do You Trust Your Doctor? Approaching Your Visit in a New Way

Clear and open communication is the foundation of a great doctor-patient relationship. Unfortunately, many of us have a difficult time finding the right doctor and developing an open line of communication. With face-to-face time with a physician growing increasingly shorter, how can patients make the most out of their office visit and ensure they're asking the right questions and getting the information they need to maintain or improve their health? In this lecture, E. Robert Schwartz, MD, Professor and Chair of the Department of Family Medicine and Community Health at the University of Miami's Miller School of Medicine, will discuss effective strategies for finding the best physician for you and learning how to build a solid relationship for a lifetime of excellent care.

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Ilana Newman, MD



Ilana Newman, MD attended medical school at the University of Arizona, followed by residency in family medicine at Beth Israel Medical Center in New York and a fellowship in adolescent medicine at Mount Sinai Medical Center in New York. While in residency, she became frustrated with the limited treatment options she had for patients with back pain, so she started studying acupuncture at the program for physicians at UCLA. She also completed the NADA program's ear acupuncture training at Lincoln Hospital in the Bronx. While in New York, Dr. Newman also worked as a medical news reporter on the

Oxygen Network and daily video online medical news reports.

After moving to South Florida, Dr. Newman took the basic and advanced acupuncture courses for physicians at the University of Miami. Several years later, she completed a fellowship in hospice and palliative medicine at the University of Miami. Today, she does inpatient palliative medicine consultations at the Memorial Hospital System in Broward and teaches workshops on Korean Hand Therapy for self-treatment for pain.

Workshop Series: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment

This two-part workshop will teach Correspondence Therapy, the most basic form of Korean Hand Therapy, which utilizes the map of the body on the hands. With this easy to learn system, needles are not used. Pain anywhere on the body can be reduced by applying pressure to precise points on the hand. Headaches, back and neck pain, and joint pain will be highlighted.

Workshop: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 1

Part 1 will introduce this technique and review some of the research that has been done with Korean Hand Therapy. We will focus on learning the landmarks of the map of the body on the hands and how to find and stimulate the points.

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Workshop: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 2

Part 2 will cover strategies for treating different types of pain, and we will draw our own maps from Part 1. Attendees can volunteer so everyone can practice finding the hand locations before Dr. Newman demonstrates searching for and stimulating the treatment points.

Joel Kahn, MD



Joel Kahn, MD has been plant-based for 40 years and is known as “America’s Healthy Heart Doc.” He has expertise in both interventional and preventive therapies emphasizing lifestyle changes. He combines his university professorship with his love of patients, making his presentations sought after coast to coast. He is the author of three books and hundreds of health articles. Dr. Kahn owns GreenSpace Café in Ferndale, Michigan, the largest plant-based café in the Midwest. He practices heart disease reversal in his boutique clinic, the Kahn Center for Cardiac Longevity. He has been married for 35 years to Karen, RN, BSN and has four children and two dogs that he loves dearly.

Keynote: How to Detect and Prevent Heart Disease

Dr. Kahn is a national expert on early heart disease detection. He will describe the history and progress that has been made in detection of artery damage at its earliest phases. He will discuss up-and-coming approaches that will be released soon. His goal is to prevent one million heart attacks, starting with yours.

The Miracle of Heart Disease Reversal

Dr. Kahn will describe the origins and importance of heart disease, relying on his more than 25 years of experience treating heart attacks and heart disease. He will describe the role of food as a vascular irritant as well as the evidence that plant-based foods directly improve heart and artery health. He will describe his approach in using plant-based nutrition in both his practice and his restaurant to reverse heart disease.

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Saturated Fat vs Sugar: How We Got So Confused

The cover of *Time* announces that butter is back and the internet is full of claims that the American Heart Association is a terrorist organization that kills people. Seriously, how did we get bamboozled by the power of social media, TV and books to lose our way? The science behind the health consequences of excess saturated fat and excess sugar will be presented, and a unified approach to healthy nutrition will be laid out.

Doctors Q&A Panel: Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks, hosted by Sandy Pukel

Don't miss this motivational, inspiring and informative Q&A with plant-based diet luminaries Drs. Michael Greger, Joel Kahn, Michael Klaper, Lawrence Kushi and Deanna Minich, facilitated by cruise director Sandy Pukel. This is your chance to get all your questions answered. Whether you have been practicing a plant-based lifestyle for years or are just getting your feet wet, these experts can take you to the next level. Get the real scoop on living well, eating well and taking control of your health.

Lawrence H. Kushi, Sc.D



Larry Kushi is a nutritional epidemiologist conducting research in cancer prevention and outcomes. With over 250 peer-reviewed publications, he has led NIH-funded research grants totaling over \$50 million. Among other activities, he chaired the 2012 American Cancer Society Committee on Nutrition and Physical Activity Guidelines for Cancer Prevention, consulted with the World Cancer Research Fund, and served on numerous peer-review committees for the NIH, ACS, and other organizations. His current NCI-

funded research projects include the Pathways Study, a prospective cohort study investigating diet, physical activity, and other factors in breast cancer outcomes; and the Cancer Research Network, supporting cancer research in a nationwide consortium of health care systems. A graduate of Amherst College and the Harvard School of Public Health, Larry is currently the Director of Scientific Policy, Division of Research, Kaiser Permanente Northern California.

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Diet and Cancer Prevention: Updated Guidelines and Recommendations

The most recent nutrition and physical activity guidelines for cancer prevention from the American Cancer Society (ACS), published in 2012, recommend a plant-based diet that emphasizes consumption of a variety of fruits and vegetables and whole grains, and minimizes intake of red meat and processed meat intake. The World Cancer Research Fund (WCRF), based in the UK, made similar recommendations in their comprehensive report published in 2007, and in updates based on continuous reviews of the literature. The WCRF is currently compiling their next comprehensive report, scheduled to be released in January 2018. Meanwhile, the ACS will have convened its committee to update their recommendations. This presentation will provide a summary of the most up-to-date food and nutrition guidelines for cancer prevention – fresh off the presses at the time of the Holistic Holiday at Sea.

Can Food and Lifestyle Choices Influence Outcomes after a Cancer Diagnosis?

Although there has been substantial research on whether food and nutrition can influence the prevention of cancer, there has been relatively fewer studies that have been conducted examining whether food and lifestyle choices can affect cancer outcomes such as progression or survival. The American Cancer Society (ACS), in its most recent statement on this topic, recognized that further work was needed, but that their guidelines on nutrition and physical activity for cancer prevention appear to be broadly applicable. A recent systematic review focused on breast cancer, conducted by the World Cancer Research Fund and released in 2014, suggested that there was growing evidence that a healthy body weight, physical activity, and diets containing dietary fiber and traditional soy foods, and minimizing saturated fat intake, may be beneficial. The ACS is convening a committee in 2017 to update its statement on the influence of diet and physical activity for cancer survivors, and insights into its recommendations may be available in February, 2018. Recent research examining the role of food and nutrition in cancer outcomes will be examined, to provide the most informed guidance in this area.

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No Fat? Avoid Carbohydrates? Is Protein Deficiency a Problem? Common Sense Answers to Common Questions

The general population receives confusing information regarding the roles of foods and nutrients in promoting health and preventing disease. There are popular perceptions that coconut oil is healthful, or that one should strive for a low-fat diet with no separated fats or oils. The Paleo perception is that carbohydrates should be minimized, while others think that avoiding animal foods may result in protein deficiency. Despite the apparent confusion, there has been substantial consistency over several decades regarding scientific views of healthful dietary patterns and food choices, driven by studies in cardiovascular disease and complemented by studies with other chronic diseases such as diabetes and cancer. This presentation will provide a summary of some of the key studies and guidelines that underlie the scientific consensus, to provide the context for interpreting the next apparent popular food advice.

Angelica Asks: Demystifying Health Fads- A Conversation with Dr. Larry Kushi

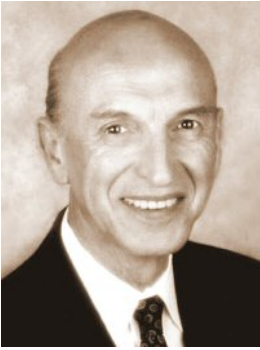
This session will be a casual conversation and question and answer session exploring different areas in food, nutrition, and health. The conversation will be led by Ms. Angelica Kushi, Holistic Holiday at Sea yoga teacher and health coach, as she discusses issues of popular interest with Dr. Larry Kushi, nutritional epidemiologist and senior researcher at the Division of Research, Kaiser Permanente Northern California. In a format similar to casual podcast conversations, examples from recent research studies that address questions of interest will be provided, in the context of practical answers to puzzling questions.

Doctors Q&A Panel: Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks, hosted by Sandy Pukel

Don't miss this motivational, inspiring and informative Q&A with plant-based diet luminaries Drs. Michael Greger, Joel Kahn, Michael Klaper, Lawrence Kushi and Deanna Minich, facilitated by cruise director Sandy Pukel. This is your chance to get all your questions answered. Whether you have been practicing a plant-based lifestyle for years or are just getting your feet wet, these experts can take you to the next level. Get the real scoop on living well, eating well and taking control of your health.

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Lino Stanchich, CCN, LMT



Lino Stanchich is a macrobiotic educator, researcher and counselor with over 30 years of experience. He is a respected teacher of the macrobiotic diet, philosophy and lifestyle, along with energy exercises (Chi Kung), shiatsu massage, Do-In self-massage and special eating techniques. Mr. Stanchich serves on the faculty of the Kushi Institute and is a member of the Kushi Institute Macrobiotic Educators Association. A Licensed Nutritionist, Mr. Stanchich is a multi-lingual educator who has established several macrobiotic learning centers in the United States.

He has lectured at many major macrobiotic centers throughout the world, as well as at universities, corporations and the United Nations Macrobiotic Organization. Author of the popular book, *Power Eating Program: You Are How You Eat*, creator of "Healing Mealtime Music" cassette, the dynamic self-massage and exercise video "Energize Yourself" and "Laugh for the Health of It" on laughter therapy, Lino has appeared on a variety of radio and television shows.

Laugh for the Health of It

Laughter is called "the best medicine," and that's no joke! Scientific studies prove laughter relieves stress, improves circulation and increases endorphins and T-Cells, thus strengthening the immune system to prevent and heal diseases of body and mind. Nutritionist Lino Stanchich illustrates the latest statistics on laughter for health and teaches which foods either enhance or reduce a jovial mood. Learn how to consciously practice healing laughter throughout the day, whether something is funny or not! Practice healing laughter techniques for home, car and office. Arrive ready to learn and experience the true pleasure of a great belly laugh with this laughter aficionado.

Do-In – Self-Massage Therapy

Wake up your vitality, circulation and well-being the fun way! Energize and tonify your entire body with Do-In self-massage, a whole body workout based on powerful Oriental healing techniques. In this dynamic class led by Lino Stanchich, an authority in macrobiotic theory, diet and exercise, you will learn how to massage yourself to greater health each day or anytime you want to look, feel and heal better. Do easy, energizing warm-up exercises, based on Chi Kung, to enhance any exercise routine or to jump-start your day. Then, Lino will lead the class as you massage yourself from the top of your head to the soles of your feet, following energy power pathways called meridians. You will learn how body organ meridians flow in your body! Included in this unique class will be effective hands and feet reflexology as well as dynamic group massage. Need to be kneaded? Lino

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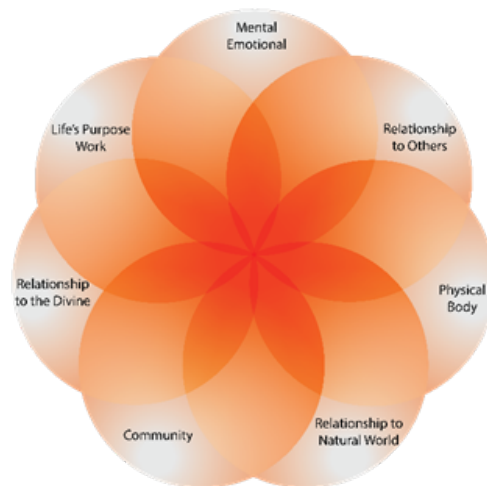
always closes with a powerful and revitalizing laughing session. These effective techniques are proven to increase vitality and healing. Lino's informative teaching and warm, friendly style give you the perfect way to greater health! Just 'Do' it!

Michael Finkelstein, MD



Dr. Michael Finkelstein, The Slow Medicine Doctor® (slowmedicinedoctor.com), is the executive director of The Slow Medicine Foundation (slowmedicine.org) and the author of *Slow Medicine: Hope and Healing for Chronic Illness*, endorsed by Andrew Weil, M.D. and Mehmet Oz, M.D. Dr. Finkelstein is a medical blogger for Doctor Oz; he has been featured in top media outlets including *The New York Times* and CNN; and he has presented at leading venues including GE Corporation and Omega Institute. Dr. Finkelstein received his Bachelor of Arts (BA) and Medical Degree (MD) at The University of Pennsylvania, and he completed an Associate Fellowship in Integrative Medicine at The University of Arizona College of Medicine, studying directly with integrative medicine pioneer Andrew Weil, M.D.

The Principles of Slow Medicine: Understanding Its 7 Key Components



Most health challenges are the result of an imbalance in our bodies and lives, and most quick-fix solutions actually exacerbate these imbalances. If, instead, we take a Slow Medicine approach – identifying the root cause of our health challenges, then creating a thoughtful, step-by-step and long-term response to it, we effectively bring ourselves back into balance. In this first lecture, Dr. Finkelstein will begin to outline the areas of our lives that, as a composite, reflect our true state of being. Then, he will discuss the importance of touching on all of these to create the best plan to achieve the health we desire.

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The Fast World and How It Affects Us: Turning off the Fight or Flight Response When It Is Locked On

Dr. Finkelstein will review the underlying physiological principles that interfere with our achievement of immediate and sustainable health. Often referred to as stress, the imbalance between the sympathetic and parasympathetic nervous systems maintains the unhealthy conditions that produce the symptoms we want to rid ourselves of. The simple answer is to learn to promote the parasympathetic nervous system's calming and restorative effects, in other words, to learn to live at a healthier, more harmonious, slower pace.

Applying the Principles of Slow Medicine: Healthy Multitasking – Weaving Valid Individual Practices into a Single Program

The sophisticated effectiveness of Slow Medicine is based on an understanding that when we assemble one plan—a mind-body-spirit-social- environmental plan—we can finally get the breakthrough we desire. Too often, people work hard at individual elements, or only partially address the full equation. The Slow Medicine approach integrates the full array necessary for a substantial and sustainable shift. In this lecture, Dr. Finkelstein will help participants begin to outline for themselves, practical first steps that will place them firmly on the path to greater health and vitality.

Michael Greger, MD



A founding member and Fellow of the American College of Lifestyle Medicine, Dr. Michael Greger is a physician, *New York Times* bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Currently Dr. Greger serves as the Director of Public Health and Animal Agriculture at The Humane Society of the United States. His latest book, *How Not to Die*, became an instant *New York Times* best seller. More than a thousand of his nutrition videos are freely available at [NutritionFacts.org](https://www.nutritionfacts.org), with new videos and articles uploaded every day.

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Keynote: Uprooting the Leading Causes of Death: “How Not to Die”

Dr. Greger will run through the 15 leading killers in the United States and explore the role diet may play in preventing, treating and even reversing our top 15 killers:

1. Heart disease
2. Cancer
3. COPD (such as emphysema)
4. Stroke
5. Accidents
6. Alzheimer’s disease
7. Diabetes
8. Kidney failure
9. Respiratory infections
10. Suicide
11. Blood infections
12. Liver failure
13. High blood pressure
14. Parkinson’s disease
15. Swallowing problems

Ask the Doctor: Q&A Session with Michael Greger, MD

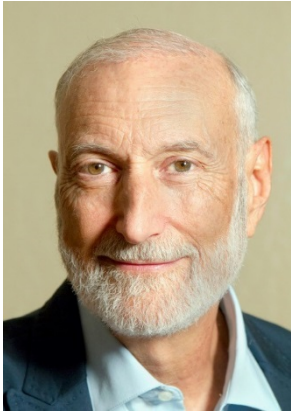
Spend an intimate afternoon with plant-based guru Dr. Michael Greger. Now that you have a wealth of new information regarding the benefits of the plant-based lifestyle, you must have many important nutritional questions. Get the answers from one of the world’s foremost authorities on the details of vegan nutrition.

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Michael Klaper, MD



Michael A. Klaper, MD is a graduate of the University of Illinois College of Medicine in Chicago and has practiced acute care medicine in Hawaii, Canada, California, Florida and New Zealand. Far more fulfilling to him is his current practice, focusing on health-promoting food and lifestyle choices to help people stay out of hospitals and off of operating tables. He has authored numerous articles on plant-based nutrition and is authoring a book on using plant-based medicine to arrest and reverse disease. A long-time radio host and a pilot, Dr. Klaper has served as nutrition advisor to NASA's programs for space colonists on the Moon and Mars and on the Nutrition Task Force of the

American Medical Students Association. To improve the health of his patients as well as his own, and to minimize suffering of sentient beings, Dr. Klaper adopted a plant-based diet in 1981. He currently practices nutritionally-based medicine at True North Health Center in Santa Rosa, California. His talent for presenting complex medical topics in a simple, enjoyable format has made him a sought-after speaker at health conferences worldwide.

Keynote: The Most Hopeful Trends in Healing

In this wide-ranging presentation, Dr. Klaper explores some of the most hope-inspiring advances in healing worldwide, from the latest, high-tech medicine to the incorporation of ancient but effective nutrition-based therapies. Along the way in this global journey, important new understandings of how the body works and how it heals itself will be presented.

Salt, Sugar and Oil: The Good, the Bad and the Ugly

Would you continue to eat something if you knew it significantly raised your risk of developing tissue aging, high blood pressure, Type II diabetes, cataracts, blindness, kidney failure, stroke and other degenerative diseases such as arthritis and erectile dysfunction? Excessive consumption of salt, sugar and oils has been linked with all of these health scourges of modern life, yet there are effective and delicious strategies for seasoning your food without damaging your health. Dr. Klaper explores the realities of these three "king of condiments" - what they actually do in our body and how to be wiser

Healthy Bones: Preventing and Reversing Osteoporosis

In this fact-filled, yet practical presentation, Dr. Klaper explores the principles of keeping your bones strong and healthy without taking bi-phosphonates or other toxic drugs. Osteoporosis – fragile bones – is feared by everyone as they get older. Modern

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medicine just offers pills that distort bone physiology and excessive dosages of calcium for a disease that is NOT a calcium deficiency! Dr. Klaper examines how your bones work and how to keep them healthy so you can avoid osteoporosis and even reverse it if it has already begun. It's easier than you think, and this presentation will give you confidence that you, not your doctor, can help your bones stay strong and healthy all of your life.

Thriving on a Plant-Based Diet

If you are going to nourish yourself on a purely plant-based diet, do it right! Dr. Klaper covers the basics of how to ensure that the plant foods you consume provide the nutrients you need, while avoiding the common nutritional pitfalls that can cause the “failure to thrive” syndrome in vegans.

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Ronald Weiss, MD



Ronald Weiss, MD is a botanist, board certified internist and Assistant Professor of Clinical Medicine at Rutgers New Jersey Medical School. He is the founder of Ethos Health, a farm-based healthcare system that connects human health to the natural world and fosters the fundamental connections that exist between all living things.

The Prevention and Treatment of Breast Cancer with Food

When Dr. Weiss graduated from medical school in 1988, breast cancer was diagnosed in one out of every eleven women in America. Today, 1 of 8 American women are diagnosed with the disease. How did breast cancer incidence rise so quickly? Dr. Weiss explores the reasons why and explains how breast cancer screening sometimes does more harm than good. He will explain the evidence and mechanisms of how whole unrefined plant foods are effective in the prevention and treatment of breast cancer. He will also discuss which foods provoke breast cancer and why.

Farm to Hospital: How the Way We Farm Makes Us Sick, Part 1

The primary cause of America's healthcare crisis is not a lack of health insurance, nor is it skyrocketing drug costs or a dearth of primary care doctors. It is federal agriculture policy. Part 1 of this lecture examines how American farming methods, as promoted and subsidized by the federal government through the Farm Bill, make us sick and obese. You will learn how billions of taxpayer dollars given to farmers to grow certain crops lead to trillions of dollars in unnecessary medical costs every year.

Farm to Hospital: How the Way We Farm Makes Us Sick, Part 2

How can we get American farmers to plant healthy foods we can eat, stop inundating the environment with harmful chemicals, change the nation's eating habits and drastically cut healthcare costs all at the same time? We will discuss solutions to the problems identified in Part 1 and issue a call to action so attendees can help to shape the 2018 Farm Bill in a positive way.

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Sharon Gutterman, PhD



Sharon Gutterman, PhD is an acclaimed international speaker on mindfulness, stress reduction and well-being. Her integration of life experience and dedication to life-long learning provide a unique blend of wisdom, sensitivity, humor and passion. Dr. Gutterman's background includes teaching self-care to physicians at Yale, University of Connecticut Health Center and The Ohio State University as well as for leadership at Comcast Corporation and national seminars sponsored by McKesson-General Medical

Corporation. She is a Master Teacher at the Copper Beech Institute and a featured presenter at conferences, workshops and retreats in the U.S., Israel, Costa Rica, businesses, schools, correctional institutions and hospitals. Sharon trained in the intensive Mindfulness-Based Stress Reduction Program directed by Drs. Jon Kabat-Zinn and Saki Santorelli. She completed the practicum at Center for Mindfulness/University of Massachusetts Medical Center. Sharon's mantra: The quality of care you give others is related to the quality of care you give to yourself. She is the founder of *Mindful Wow! Wake up to your life.*

The User's Guide to Living Mindfully

You've been hearing a lot about "mindfulness," but are you sure you know what living mindfully really means or how to do it? What you do know is you need tools to face the challenges life presents, and you want to fully savor life's joyful moments. In this class you will learn about the skills for living mindfully in the present moment with kindness and curiosity. You will explore ways to clear away trivial and needless worries, handle stress, nurture passion for your work and generate compassion for yourself and others. You have the inner resources for stability and peace. Isn't it time you learn how to use them?

Mindful Meditation

Stop! What are you thinking right now? Dwelling on the past or obsessing about the future?

Mindful meditation is an opportunity to develop your meditation practice and experience the benefits of living in the present moment. Yes, you can learn how to calm your mind, create new neural pathways, gain insight into ways to work with challenges and difficulties and feel a renewed sense of well-being. Research findings indicate that meditation can enhance your ability to cope with stress and worries as well as savor life's joys.

Our practice will begin with brief instruction, followed by twenty minutes of meditating and time for questions after our practice. Whether you are a total newbie to meditation or an experienced practitioner, gently guided meditation will bring a glow to your day.

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T. Colin Campbell, PhD



Dr. T. Colin Campbell, Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University, is an author of *The China Study. Startling Implications for Diet, Weight Loss and Long Term Health* (Campbell TC and Campbell, TM II, 2005).

With more than 70 grant-years of peer-reviewed research funding (mostly NIH), he has authored over 300 research papers on diet, nutrition and health derived from laboratory-based experimental research and large-scale human studies in China and the Philippines.

He has been advisor to several government agencies, non-government organizations and corporate bodies. He has held senior adjunct professorial positions at the University of Oxford in England and Jiao Tong University in Shanghai.

Why Nutritional Science Was Not Acknowledged during the past Two Centuries

In an effort to understand why nutrition is ignored in present day medical circles, I discuss the history of this subject during the past two centuries. The focus will be on the idea that disease, especially cancer, is a local disease.

Contemporary Evidence Indicating the True Value of Nutrition to Create and Restore Human Health

Nutrition, as provided by a whole food, plant-based dietary lifestyle, has considerably more value than generally known. For example, it controls genes—good and bad; it operates from whole foods not from supplements; each nutrient requires a tsunami of biochemical mechanisms to cause an effect; and it can be used both to prevent and, in many cases, to treat already diagnosed disease.

Myths in Nutrition That Mislead, with Very Unfortunate Consequences

Present evidence shows that consuming whole, plant-based foods provides dramatic health benefits. But the evidence for this message is being short-changed by highly questionable assumptions and claims in the vegan and vegetarian communities. This problem must be addressed in order for the skeptical general public to embrace this information.

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The Future of Medical Practice and Health Care Must Embrace the Science of Nutrition

A true understanding of the benefits of a whole food, plant-based dietary lifestyle requires serious modification of the concepts of nutrition and disease formation. Both of these concepts are focused on details that are too easily taken out of context, thus encouraging confusion and a distortion of facts.

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